

I claim:

1. A method for treating or ameliorating cachexia, health-threatening catabolism and unhealthy weight loss in an individual in need thereof which is comprised of administering orally an effective amount of (–)-hydroxycitric acid.
2. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the free acid or its lactone.
3. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkali metal salts potassium or sodium (–)-hydroxycitrate.
4. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of the alkaline earth metal salts calcium or magnesium (–)-hydroxycitrate.
5. The method of claim 1 where the (–)-hydroxycitric acid is supplied as a therapeutically effective amount of a mixture the alkali metal salts and/or the alkaline earth metal salts of (–)-hydroxycitrate or some mixture of alkali metal salts and alkaline earth metal salts of (–)-hydroxycitrate or in the form of therapeutically effective amide and/or ester derivatives of (–)-hydroxycitric acid.
6. The method of claim 1 where the (–)-hydroxycitric acid is supplied in a therapeutically effective amount as the free acid, its lactone or as one or more of the salts or other derivatives of the free acid and is delivered in a controlled release form.